E M E R G E

Shadow Integration & Trauma-Informed Practice

Beneath the Pattern

A Self-Reflection Workbook

This workbook is a quiet space to notice what keeps returning in your life, what it may be protecting, and who you are beneath it.

There are no right answers, only what feels true for you.

How to use this workbook

1. Print it, find a quiet moment, and keep a pen nearby.
2. Begin with **Part 1**, a short check-in to notice where you stand right now.
3. Move to **Part 2** when you are ready. Take one set of questions at a time; you don't need to answer them all at once.
4. Return to your answers in a week or two. What you notice the second time is often the most revealing.

This is a reflection, not an assessment or a diagnosis, and it is not a substitute for psychiatric, psychological, or medical care.

PART 1

Noticing Your Patterns

Rate each statement based on how true it feels for you right now. Answer from your first instinct rather than from who you think you should be.

1 Not at all true **2** Slightly true **3** Somewhat true **4** Mostly true **5** Completely true

	Emotional Triggers & Reactions	1	2	3	4	5
1	I often feel reactive or irritated by certain people or behaviors.	☐	☐	☐	☐	☐
2	I compare myself to others and feel not good enough.	☐	☐	☐	☐	☐
3	I struggle with receiving criticism, even when it is meant to help.	☐	☐	☐	☐	☐
4	I get upset when things do not go the “right” way.	☐	☐	☐	☐	☐
5	I avoid direct confrontation but hold on to frustration internally.	☐	☐	☐	☐	☐

	Self-Perception & Vulnerability	1	2	3	4	5
6	I admire qualities in others that I wish I had but do not claim in myself.	☐	☐	☐	☐	☐
7	I hide parts of myself in order to fit in or be accepted.	☐	☐	☐	☐	☐
8	I have been given labels that I secretly worry are true.	☐	☐	☐	☐	☐
9	I hold back on important goals because of fear or self-doubt.	☐	☐	☐	☐	☐
10	I carry shame or regret about parts of my story.	☐	☐	☐	☐	☐

	Coping Patterns & Emotional Habits	1	2	3	4	5
11	I notice recurring challenges in my relationships or work that I cannot seem to resolve.	☐	☐	☐	☐	☐
12	I sometimes hold myself back just as things are going well.	☐	☐	☐	☐	☐
13	I use distraction (screens, busyness, food) to avoid uncomfortable feelings.	☐	☐	☐	☐	☐
14	I adapt my behavior or personality to gain approval from others.	☐	☐	☐	☐	☐
15	There are parts of myself I avoid looking at too closely.	☐	☐	☐	☐	☐

Your total (add up all 15 ratings)

_____ / 75

15 – 30

Gentle Awareness

Your patterns may be quieter right now. Noticing them is still worth your attention.

31 – 50

Patterns Emerging

Some patterns are clearly asking to be understood. Exploring what sits beneath them can bring real clarity.

51 – 75

Time for Deeper Reflection

Your inner world may be ready for support and integration. This is often where deeper work begins.

PART 2

Reflection Questions

These questions are for writing, not scoring. They move in four stages, from the pattern you can see to the self that lives beneath it. Take one set at a time, slowly. Start wherever something speaks to you.

I
The Pattern
What keeps returning, and what takes over when it does.

II
What It Protects
What the pattern has been guarding underneath.

III
Who You Became
The identity built around it, and what it has cost.

IV
Returning to Yourself
Who you are beneath it all.

Before you begin

- Choose a time and place where you won't be interrupted.
- Write freely. Nobody else needs to read this.
- If a question feels too heavy right now, leave it and come back another day.
- If something brings up more than you can hold, pause, take a few slow breaths, and reach out to someone you trust or a qualified professional.

I The Pattern

What keeps returning

1 What keeps repeating in your life, changing its form but somehow creating the same feeling, even though you recognize it or have tried to change it?

2 When this pattern takes over, what becomes stronger than what you consciously know or want?

3 When the pattern shows up, what do you feel in your body just before it takes over?

II What It Protects

What the pattern has been guarding

1 Where in your life do you keep abandoning what you truly want, even when part of you knows exactly what it is?

2 What do you believe you would risk losing if you stopped protecting, pleasing, controlling, or holding yourself back?

3 If the problem you came with is only the surface, what might it have been protecting underneath?

III Who You Became

The identity built around it

1 Which roles do you play most easily, and what parts of you do they leave no room for?

2 Who have you learned to become in order to belong, be loved, feel safe, succeed, or stay in control? What has that identity cost you?

3 If real change meant living differently (setting new boundaries, making different choices, relating to yourself in a new way), what part of your current life would be hardest to leave behind?

IV Returning to Yourself

Who you are beneath it all

1 Beneath everything you have learned to be, who do you sense you were before life taught you who you needed to become?

2 What truth about yourself have you already touched but have yet to fully live in the way you choose, love, and relate?

3 If returning to yourself meant releasing what once kept you safe, what are you truly ready to let go of in order to come home to yourself?

CLOSING

What did you notice?

Before you put this down, write one sentence about what surprised you, or what you most want to remember.

WORKING TOGETHER

Reveal & Reclaim™ — The Deep Dive

A private, immersive Shadow Integration intensive

If these questions opened something you'd like to explore with support, the Deep Dive is the next step. It is for people who have already done some inner work, understand some of their patterns, and still find themselves repeating them.

1 · Screening call

A short, private check that this work is right for you now.

2 · Preparation session

Online or in person, to clarify your focus and build trust.

3 · The Deep Dive™

Around five hours, in person — somatic, parts-based, integrative.

4 · Integration session

About one month later, to anchor what has shifted.

Limited places each month, by application only. In person at Emerge, Kaslik, Lebanon.
emergehappy.com/shadow-integration

NOW AVAILABLE

The Shadow Integration Guide

A self-study companion for meeting and integrating the parts of yourself you have pushed aside, at your own pace. **emergehappy.com/shadow-integration-guide**

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